

# VA Blue Button User Guide



## TABLE OF CONTENTS

<b><u>Quick Guide to Access My HealtheVet VA Blue Button</u></b> .....	2
<b>Where to Find Help</b>	
<u>Frequently Asked Questions, Help and Contact MHV</u> .....	4
<b><u>Introduction to VA Blue Button</u></b> .....	3
<b>Let's Get Set Up</b>	
<b>What is Needed to Use VA Blue Button?</b>	
<u>Internet Access</u> .....	6
<u>My HealtheVet Registered Account</u> .....	6
<u>My HealtheVet Account Types</u> .....	6
<b>Let's Get Started</b>	
<u>Step 1 – Log in to My HealtheVet to Access VA Blue Button</u> .....	10
<u>Step 2 – Access VA Blue Button</u> .....	11
<u>Step 3 – Download My Selected Data</u> .....	12
<u>Step 4 – My Download Results</u> .....	17
<u>Step 5 – Download your Health Information to a File</u> .....	17
<u>Step 6 – View/Print Your Health Information</u> .....	19
<b><u>Definitions</u></b> .....	20

## My HealthVet VA Blue Button Quick Start Guide

Below are steps to download your **My HealthVet VA Blue Button** personal information report.

**Step 1** – Log into your My HealthVet account

A green rectangular button with the word "Login" in white text.

**Step 2** – Locate and select the



Health Records

or

A light blue rectangular button with the text "Blue Button Medical Reports" in blue.

link

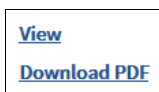
**Step 3** – Select

A blue rectangular button with the text "VA Blue Button Report" in white.

on the **Select Type of Report** page

**Step 4** – Select the types of information for your report, and click **Submit**

**Step 5** – Choose an option to download your data

A white rectangular button with a thin border, containing the text "View" in blue and "Download PDF" in blue.

or

A white rectangular button with a thin border, containing the text "View" in blue and "Download TXT" in blue.

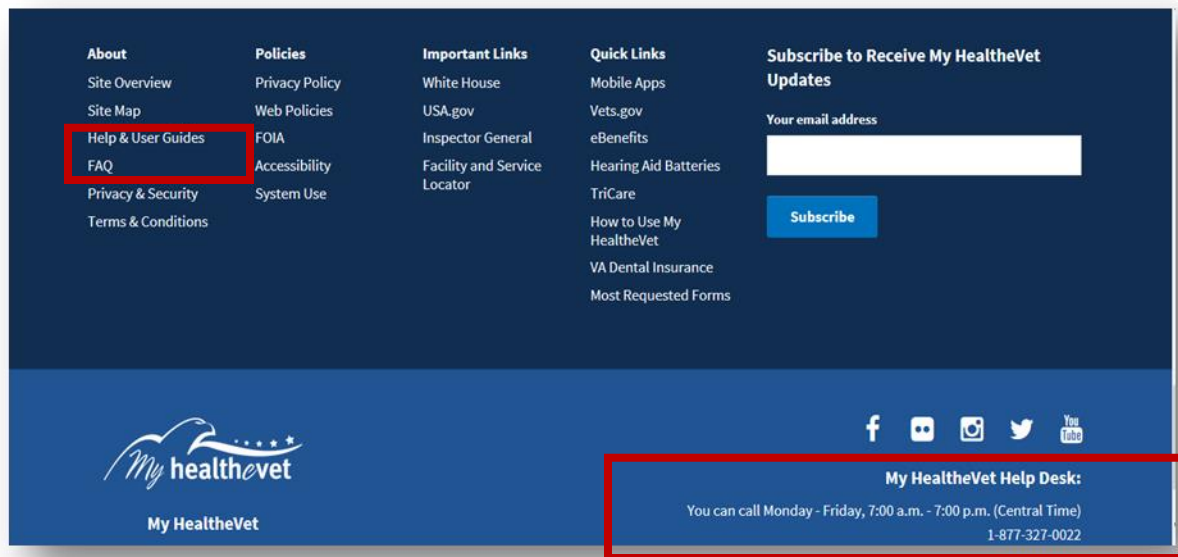
**Step 6** – Follow the prompts to view and print

[Back to Top](#)

## Where to Find Help

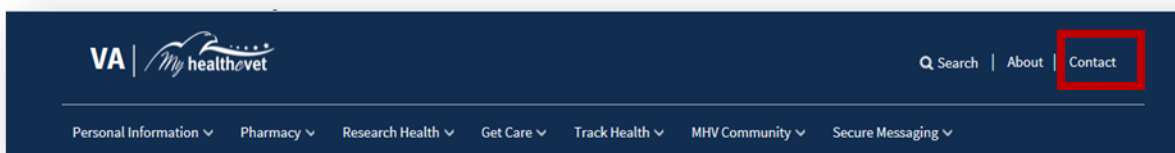
### Frequently Asked Questions, Help and Contact MHV

- (1) Select **FAQ** to go to **Frequently Asked Questions** and get commonly asked questions and answers about VA Blue Button.
- (2) Select **Help & User Guides** for general guidance on using My HealtheVet and User Guides for My HealtheVet features.



[Back to Top](#)

- (3) Select **Contact** to send a message to the My HealtheVet Help Desk or contact them using the telephone number above.



[Back to Top](#)

## My HealtheVet VA Blue Button – Feature Overview



My HealtheVet VA Blue Button is a feature that allows you to view, print, download and save available VA health information ([data](#)) in your My HealtheVet account. VA Blue Button is simple, easy to use, private and secure. Anytime and anywhere you can access the Internet, you may use the VA Blue Button.

You may be able to access specific VA Blue Button features based on your My HealtheVet account type. The three account types available are: **Basic**, **Advanced** and **Premium**. For more information about these accounts, go to [My HealtheVet Account Types](#). To view information from your VA health record or Department of Defense (DoD), you need to have an **Advanced** or **Premium** HealtheVet Account.

Having a copy of your health information may help you better manage your health care. You can share this information with your VA health care team. If you visit a non-VA health care provider, the VA Blue Button makes it easy to share with them, too. VA Blue Button helps you become a partner with members of your health care team.

When you select the VA Blue Button, you can view and print your My HealtheVet data. You can also download your My HealtheVet data to a computer or other device (such as a [CD](#), [thumb drive](#), or [mobile device](#)). This lets you take your personal health information with you. You can choose to share this with your VA health care team, caregivers, or non-VA provider.

You can get your VA Blue Button information in two file formats. You can download it in a format that is easy to read and print (.pdf file) or a simple text format (.txt file).

**Please be aware:** Anytime you open/download a .pdf file, you create a temporary file on the computer you are using. There is a risk of exposing your information when you download a .pdf file, especially on public or shared computers. Learn more about [protecting your personal health information](#).



**NOTE:** *You are the only one who can access your health information in My HealtheVet. You choose with whom to share your information. If you want someone else to have access to your health information, you must give it to that person.*

*You are responsible for protecting your personal health information when you print or download it. It is important to protect your information. Protect this information the same way you would protect your banking or credit card information. Do not leave your printed information in a printer. Do not save your downloaded information to a public computer. When using a public computer, save your health information to a CD or a thumb drive. Remember to take the CD or thumb drive with you when you finish.*

[Back to Top](#)



## Let's Get Set Up

### What is needed to use the VA Blue Button?

- **Internet Access**

To use the **VA Blue Button**, your computer should have an Internet browser (see [My HealtheVet Browser Compatibility](#)). You also need access to the Internet. If you do not have Internet access at home, you can use public libraries or Internet cafes.

You may also use computers at your local VA Medical Center, Vet Center, or at your local Veteran Service Organization.

Save your health information to a [CD](#), [thumb drive](#), or [mobile device](#) when using a public computer. If using a public computer, be sure to log out after you have finished. You need to have access to a printer connected to the computer if you want to print your health information.

[Back to Top](#)

**Please be aware:** Anytime you open/download a .pdf file, you create a temporary file on the computer you are using. There is a risk of exposing your information when you download a .pdf file, especially on public or shared computers. Learn more about [protecting your personal health information](#).

- **My HealtheVet Registered Account**

Before you can use the VA Blue Button, you must be registered and logged in to your My HealtheVet account. If you do not have a My HealtheVet account, please take this time to [register](#).

[Back to Top](#)

- **My HealtheVet Account Types Access**

Information that you have entered into My HealtheVet is labeled as *Self-Reported*. Information from the VA Electronic Health Record (EHR) is labeled as *VA*.

The following are tables of the health information in VA Blue Button. You may print, download or save this information based on your My HealtheVet account type.

**NOTE:** Some information that comes from your VA health record may not be presented right away in My HealtheVet or your VA Health Summary. This is because your information may first need to be reviewed by a member of your VA health care team. The information below gives you the length of time until your VA information is available for display in your VA Blue Button report.

[Back to Top](#)

A [Basic](#) account includes the following types of health information:


HEALTH INFORMATION	DATA SOURCE	BASIC	ADVANCED	PREMIUM
Activity Journal	Self-Reported	✓		
Allergies	Self-Reported	✓		
Demographics	Self-Reported	✓		
Family Health History	Self-Reported	✓		
Food Journal	Self-Reported	✓		
Health Care Providers	Self-Reported	✓		
Health Insurance	Self-Reported	✓		
Immunizations	Self-Reported	✓		
Labs and Tests	Self-Reported	✓		
Medical Events	Self-Reported	✓		
Medications and Supplements	Self-Reported	✓		
Military Health History	Self-Reported	✓		
My Goals (Current Goals and Completed Goals)	Self-Reported	✓		
Treatment Facilities	Self-Reported	✓		
Vitals and Readings	Self-Reported	✓		

[Back to Top](#)

If you have an [Advanced](#) account, it includes the features of a [Basic](#) account plus the following information:






HEALTH INFORMATION	DATA SOURCE	BASIC	ADVANCED	PREMIUM
VA Medications History – This section includes: 1) prescriptions processed by a VA pharmacy in the last 15 months, and 2) all medications recorded in the VA medical record as “non-VA medications.” If you select this, your VA Blue Button automatically also includes VA Allergies and Adverse Reactions, and Self-Reported Allergies.	VA EHR		✓	

(Continued on next page)

VA Allergies – This section includes Allergies on record with VA for the patient. The data comes from all VA treatment facilities. It does not list allergies that were removed or entered in error. Some allergies may also be reported in the Immunization section.	VA EHR			
---	--------	--	---	--






[Back to Top](#)

If you have a [Premium](#) account, it includes all the features of an [Advanced](#) and [Basic](#) account in addition to the following information:

HEALTH INFORMATION	DATA SOURCE	BASIC	ADVANCED	PREMIUM
VA Admissions and Discharges Summaries – (Discharge Summaries are available 3 calendar days after they are completed). The included Discharge Summaries are from the last 18 months, and include a maximum of the 2 most recent notes. The data comes from all VA treatment facilities.	VA EHR			
VA Appointments (future) – This section includes up to a maximum of 20 appointments scheduled over the next 6 months. Some types of appointments may not be included. Contact the VA health care team if there are questions.	VA EHR			
VA Appointments (limited to past 2 years)	VA EHR			
VA Demographics – Includes Name, Date of Birth (DOB), Gender, Address, Marital Status, Religious Affiliation, Race, Ethnicity, Language(s), and Preferred Language.	VA EHR			
VA Electrocardiogram (EKG) History (a list of EKG studies performed at VA Treating Facilities)	VA EHR			

(Continued on next page)

[Back to Top](#)

VA Immunizations – This section includes Immunizations on record with VA for the patient. The data comes from all VA treatment facilities. A reaction to an immunization may also be reported in the Allergy section.	VA EHR			
VA Laboratory Results – The included Chemistry/Hematology Results are from the last 24 months, are available 3 days after verification, and include a maximum of the 10 most recent sets of tests. The data comes from all VA treatment facilities.	VA EHR			
VA Pathology Reports –The included Pathology Reports are from the last 24 months, are available 14 days after completion, and include a maximum of the 5 most recent reports . The data comes from all VA treatment facilities.	VA EHR			
VA Problem List– This section includes a list of active and inactive Problems/Conditions known to VA for the patient. New problems/conditions are available 3 calendar days after entry. The data comes from all VA treatment facilities.	VA EHR			
VA Notes – VA Notes written from January 1, 2013 forward are available 3 calendar days after completion and signed by all required members of your VA health care team.	VA EHR			

[Back to Top](#)

(Continued on next page)

VA Radiology Reports – The included Radiology Reports are from the last 24 months, are available 3 calendar days after completion, and include a maximum of the 5 most recent reports. The data comes from all VA treatment facilities.	VA EHR			✓
VA Vitals and Readings – The included list of inpatient and outpatient Vital Signs is from the last 12 months and includes a maximum of the 5 most recent sets of vital sign values. If more than one set of vitals were taken on the same date, only the most recent set is populated for that date. The data comes from all VA treatment facilities.	VA EHR			✓
VA Wellness Reminders	VA EHR			✓
DoD Military Service Information	VA EHR			✓

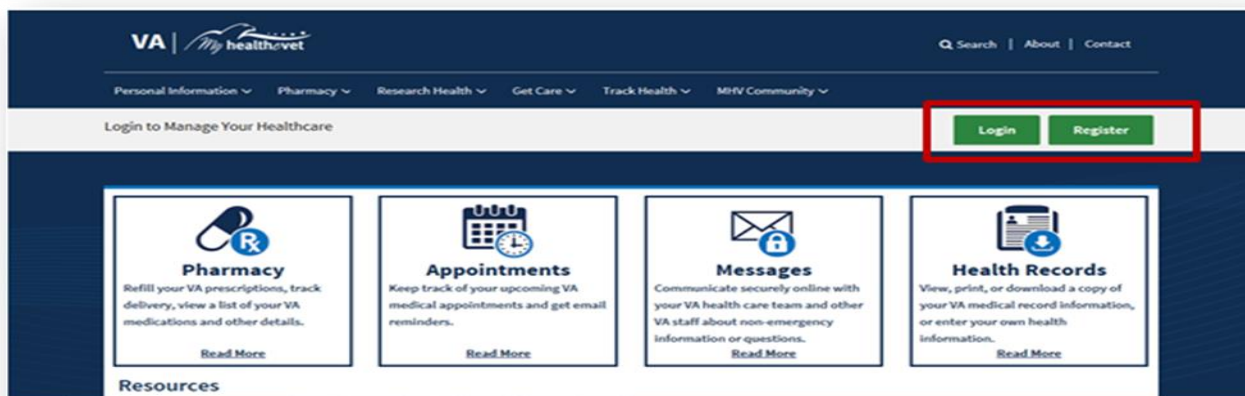
[Back to Top](#)

## Getting Started with the VA Blue Button

The following information is the step-by-step process to access VA Blue Button.

### Step 1 – Log in to My HealtheVet to Access the VA Blue Button

Log in to your My HealtheVet account by selecting the **Login** button on the right side of the screen to access VA Blue Button. You must have already registered as a user. If you do not have a My HealtheVet account, register by selecting the **Register** button on the right side of the screen and complete the registration form. Click on the login link in the Congratulations box to log into your account.

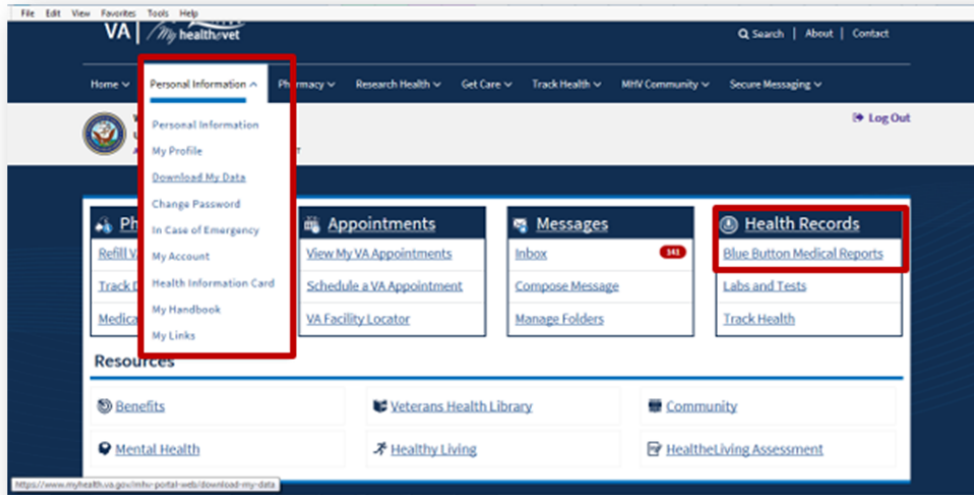


[Back to Top](#)

## Step 2 – Access VA Blue Button

After logging in, there are three ways you can access the VA Blue Button:

- (1) Select the **Health Records** or **Blue Button Medical Reports** link in the dashboard.
- (2) Or, select **Download My Data** under the **Personal Information** tab



[Back to Top](#)

- (3) This takes you to the **Select Type of Report** page. Select **VA Blue Button Report**:



**Blue Button  
Download  
My Data**®

### Select Type of Report

#### VA Blue Button Report

View, print, and download the personal health information you want.

#### VA Health Summary

You can view, print, or download a health summary from your VA medical record. It includes allergies, medications, recent lab results and more. This is available in a standard file format that can be read by other computer systems.

#### VA Medical Images and Reports

Registered users with a Premium account can view, print, or download their VA Medical Images and Reports with My HealtheVet.

[Back to Top](#)

My HealthVet users with a Premium account may also select to download or send their VA Health Summary. If you do not have a Premium account, the VA Health Summary is not available.

VA Health Summary – formerly called the VA Continuity of Care Document (VA CCD), is a summary of essential health and medical care information from your VA health record. VA Health Summary uses recognized standards to support the effective exchange of information between health care systems and/or providers. The goal is to:

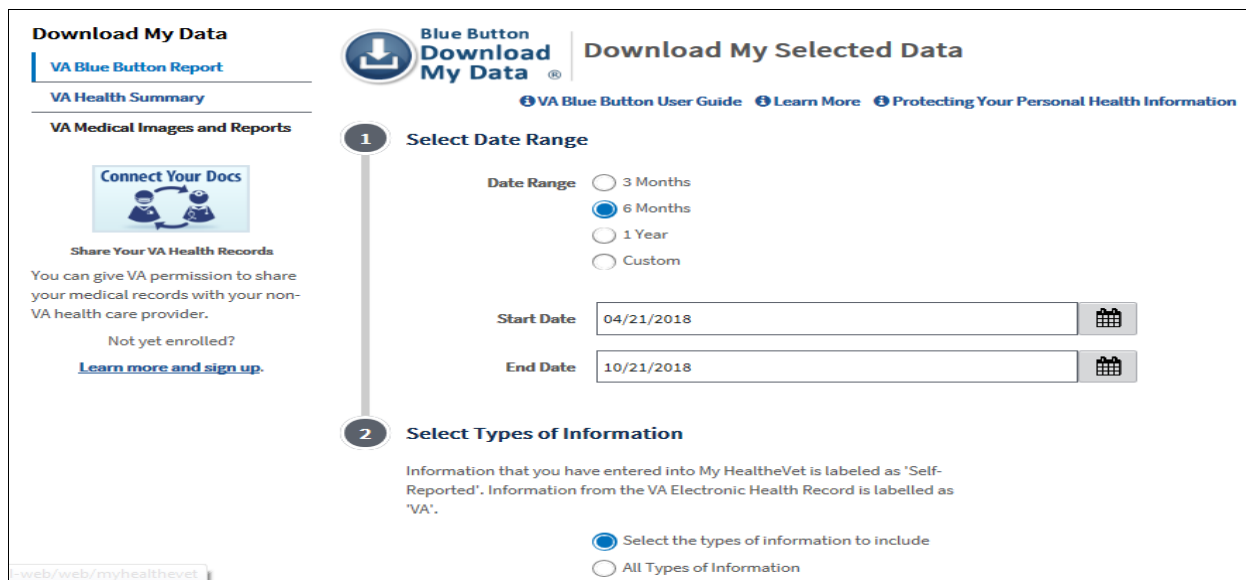
- Provide a summary of a patient's essential health and medical care information that can be used for the continued care of the patient
- Allow for information about the patient in one health system to be exchanged with another health system that is providing care to the patient
- Be used by patients within other computer applications or systems that can accept this type of file

For more information about the VA Health Summary, visit the [Frequently Asked Questions](#).

[Back to Top](#)

### Step 3 – Download My Selected Data

The VA Blue Button **Download My Selected Data** page lets you choose what type of information you want to download. There are two ways you can customize your report on the Download My Selected Data page. This can be done by selecting the Date Range and Types of Information you would like to view.



**Download My Data**

[VA Blue Button Report](#)

[VA Health Summary](#)

[VA Medical Images and Reports](#)

**Connect Your Docs**

**Share Your VA Health Records**

You can give VA permission to share your medical records with your non-VA health care provider.

Not yet enrolled?

[Learn more and sign up.](#)


**Blue Button Download My Data**


[VA Blue Button User Guide](#) [Learn More](#) [Protecting Your Personal Health Information](#)

**Download My Selected Data**

**1 Select Date Range**

**Date Range** ☐ 3 Months ☒ 6 Months ☐ 1 Year ☐ Custom

**Start Date**  

**End Date**  

**2 Select Types of Information**

Information that you have entered into My HealthVet is labeled as 'Self-Reported'. Information from the VA Electronic Health Record is labelled as 'VA'.

☒ Select the types of information to include ☐ All Types of Information

[web/web/myhealthvet](#)

[Back to Top](#)

You may also customize your data based on your account type and the type of information available.

### Selecting the Types of Information (Basic Account)

To select the types of information, check one of the following:

- Select the types of information to include (Default)
- All types of information

You may choose from the following selections:

**Medications** (this includes Allergy information)

- ☐ Medication and Supplements, Self-Reported

**Labs and Tests**

- ☐ Labs and Tests, Self-Reported

**Allergies**

- ☐ Allergies, Self-Reported

**Immunizations**

- ☐ Immunizations, Self-Reported

**Vitals and Readings**

- ☐ Vitals and Readings, Self-Reported

**Self-Reported Health History**

- ☐ Medical Events, Self-Reported
- ☐ Family Health History, Self-Reported
- ☐ Military Health History, Self-Reported
- ☐ Treatment Facilities, Self-Reported
- ☐ Health Care Providers, Self-Reported
- ☐ All of the above

**Food and Activity Journals**

- ☐ Activity Journal, Self-Reported
- ☐ Food Journal, Self-Reported
- ☐ All of the above

**Goals**

- ☐ My Goals: Current Goals, Self-Reported
- ☐ My Goals: Completed Goals, Self-Reported
- ☐ All of the above

**Demographics and Health Insurance**

- ☐ Demographics, Self-Reported
- ☐ Health Insurance, Self-Reported

### Selecting the Types of Information (Advanced Account)

To select the types of information, check one of the following:

- Select the types of information to include (Default)
- All types of information

You may choose from the following selections:

#### **Medications** (automatically includes Allergy information)

- ☐ VA Medication History
- ☐ Medication and Supplements, Self-Reported
- ☐ All of the Above

#### **Labs and Tests**

- ☐ Labs and Tests, Self-Reported

#### **Allergies**

- ☐ VA Allergies
- ☐ Allergies, Self-Reported
- ☐ All of the above

#### **Immunizations**

- ☐ Immunizations, Self-Reported

#### **Vitals and Readings**

- ☐ Vitals and Readings, Self-Reported

#### **Self-Reported Health History**

- ☐ Medical Events, Self-Reported
- ☐ Family Health History, Self-Reported
- ☐ Military Health History, Self-Reported
- ☐ Treatment Facilities, Self-Reported
- ☐ Health Care Providers, Self-Reported
- ☐ All of the above

#### **Food and Activity Journals**

- ☐ Activity Journal, Self-Reported
- ☐ Food Journal, Self-Reported
- ☐ All of the above

#### **Goals**

- ☐ My Goals: Current Goals, Self-Reported
- ☐ My Goals: Completed Goals, Self-Reported
- ☐ All of the above

(Continued on next page)

[Back to Top](#)

## Demographics and Health Insurance

- ☐ Demographics, Self-Reported

### Selecting the Types of Information (Premium Account):

To select the types of information, check one of the following:

- ☐ Select the types of information to include (Default)
- ☐ All types of information

You may choose from the following selections:

#### Appointments

- ☐ Future VA Appointments (scheduled over the next 6 months)  
☐ Past VA Appointments (limited to past 2 years)  
☐ All of the above

#### Medications (automatically includes Allergy information)

- ☐ VA Medication History    ☐ Medication and Supplements, Self-Reported  
☐ All of the Above

#### Labs and Tests

- ☐ VA Laboratory Results (available 3 days after verification)  
☐ VA Pathology Reports (available 14 days after completion)  
☐ VA Radiology Reports (from the last 24 months, and available 3 calendar days after completion)  
☐ VA Electrocardiogram (EKG) History (a list of EKG studies performed at VA Treating Facilities)  
☐ Labs and Tests, Self-Reported  
☐ All of the above

#### VA Electronic Health Record History and Wellness Reminders

- ☐ VA Problem List (available 3 calendar days after entry)  
☐ VA Admissions and Discharges (available 3 calendar days after completion)  
☐ VA Notes (from January 1, 2013 forward, available 3 calendar days after completion)  
☐ VA Wellness Reminders  
☐ All of the above

#### Allergies

- ☐ VA Allergies  
☐ Allergies, Self-Reported  
☐ All of the above

(Continued on next page)

[Back to Top](#)

**Immunizations**

- ☐ VA Immunizations
- ☐ Immunizations, Self-Reported
- ☐ All of the above

**Vitals and Readings**

- ☐ VA Vitals and Readings ☐ Vitals and Readings, Self-Reported
- ☐ All of the above

**Self-Reported Health History**

- ☐ Medical Events, Self-Reported
- ☐ Family Health History, Self-Reported
- ☐ Military Health History, Self-Reported
- ☐ Treatment Facilities, Self-Reported
- ☐ Health Care Providers, Self-Reported
- ☐ All of the above

**Food and Activity Journals**

- ☐ Activity Journal, Self-Reported
- ☐ Food Journal, Self-Reported
- ☐ All of the above

**Goals**

- ☐ My Goals: Current Goals, Self-Reported
- ☐ My Goals: Completed Goals, Self-Reported
- ☐ All of the above

**Demographics and Health Insurance**

- ☐ VA Demographics
- ☐ Demographics, Self-Reported
- ☐ Health Insurance, Self-Reported
- ☐ All of the above

**Department of Defense Information**

- ☐ Department of Defense Military Service Information

After your choices are made, select **Submit**.


[Back to Top](#)

## Step 4 – My Download Results

When you select the **Submit** button it brings you to the **My Download Results** page. This page gives you a table displaying the results of your download request:

### Download My Data

- VA Blue Button Report
- VA Health Summary
- VA Medical Images and Reports




### Blue Button Download My Data®

## My Download Results

# SAMPLE

[VA Blue Button User Guide](#)



Share Your VA Health Records

You can give VA permission to share your medical records with your non-VA health care provider.

Not yet enrolled?

[Learn more and sign up.](#)

**⚠ Your report is ready below.**

Some information was not able to be updated today:

- Department of Defense Military Service Information

If you proceed with your download while updates are in progress, you may not receive the most up-to-date information. **Updates are done once a day.**

### Personal Health Information of TEST MHVZZVISNTWENTY

#### DOWNLOAD YOUR DATA

File Contents	File Name	File Size	Request Date	I want to...
Selected Health Data	mhv_MHVZZVISNTWENTY_20181021_1616.pdf	1104 KB	21 Oct 2018 @ 1616	<a href="#">View</a> <a href="#">Download PDF</a>
Selected Health Data	mhv_MHVZZVISNTWENTY_20181021_1616.txt	216 KB	21 Oct 2018 @ 1616	<a href="#">View</a> <a href="#">Download TXT</a>

[Back](#)

**NOTE:** When the status is **Updates in Progress**, you can still download your file, but it may not contain the most up-to-date information. So, you may want to come back later in the day to download an updated file. Updates occur once per day.

[Back to Top](#)

## Step 5 – Download your Health Information to a File

You have two file format options you can choose from to download and save your information (view illustration below). Select either:

- (1) **Download PDF** file for a format that is easy to read and print (PDF file)

## Personal Information Report

\*\*\*\*\***CONFIDENTIAL**\*\*\*\*\*

Produced by the VA Blue Button (v12.10)  
24 Aug 2017 @ 0932

### SAMPLE

This summary is a copy of information from your My HealthVet Personal Health Record. Your summary may include:

- information that you entered (self reported)
- information from your VA health record
- your military service information from the department of defense (DoD)

\*\*\*Note: Your health care team may not have all of the information from your Personal Health Record unless you share it with them. Contact your health care team if you have questions about your health information.\*\*\*

Key: Double dashes (--) mean there is no information to display.

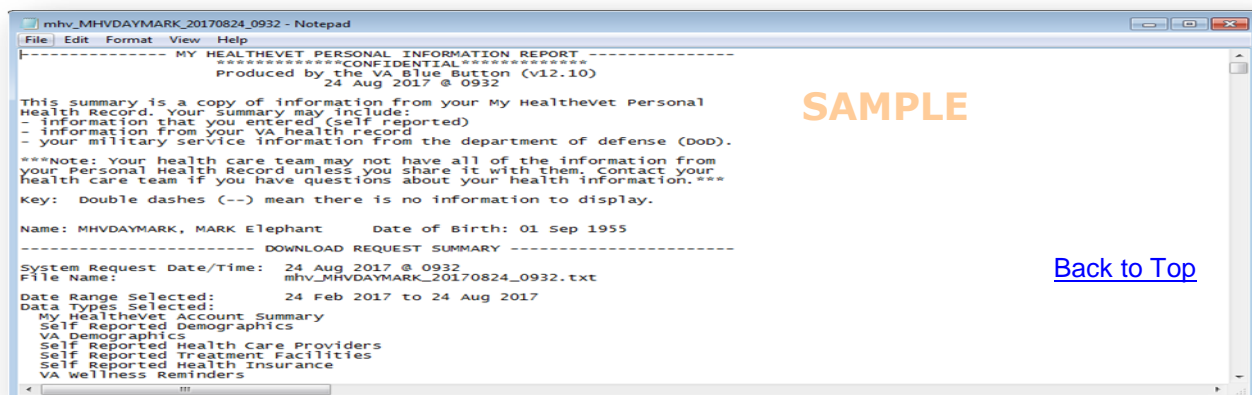
Name: MHVDAYMARK, MARK Elephant

Date of Birth: 01 Sep 1955



**NOTE:** When you open or download a PDF file, a temporary file is created on the computer. Others may then be able to view your personal health information. There is a risk of exposing your information when you download a PDF file, especially on public or shared computers.

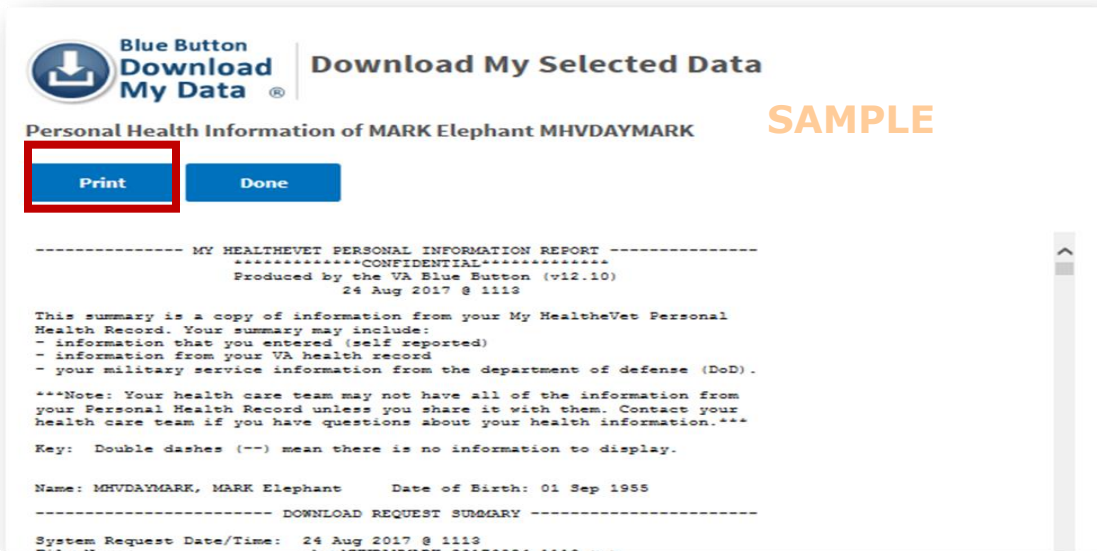
(2) **Download TXT** file for a simple text format (.txt file)



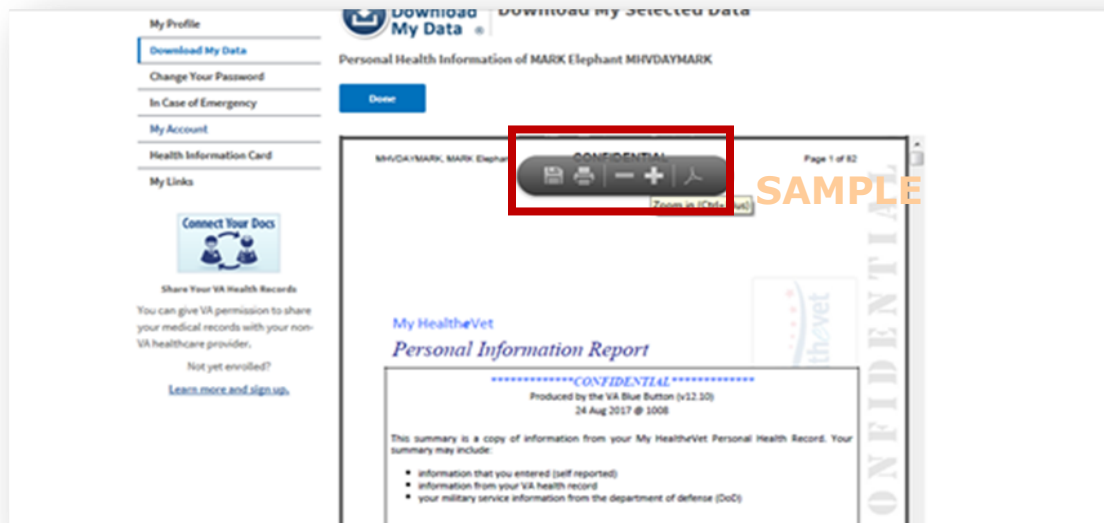
## Step 6 – View/Print Your Health Information

Select the **View** button. This allows you to view the health information you selected. From this page, you may also print a copy of your information.

- (1) **To print PDF file**, hover the mouse pointer over the word **CONFIDENTIAL**. Select the printer icon.



- (2) **To print Text file**, select the **Print** button and follow the prompts.



[Back to Top](#)

## Definitions

**Compact Disk** – A Compact Disc (also known as a CD) is a round disc used to store information from your computer. A CD is portable and requires special handling to prevent damage to the recording. A CD is one of the most common ways to store information.

[Back to Top](#)

**Data** – Throughout the **VA Blue Button**, we refer to information in your My HealthVet as your **data**. Data is your health information in words and numbers. The VA Blue Button refers to health information, numbers you've entered into your My HealthVet account, and copies from your official VA electronic health record all as *data*.

[Back to Top](#)

**Thumb drive** – A thumb drive is a small electronic device used to store information from your computer. It is also known as a flash drive or pen drive. A thumb drive is lightweight, portable and easy to use for moving information. It fits into the USB slot on a computer. Then the computer can read your transferred information.

[Back to Top](#)

**Mobile Device** – A mobile device, which is also referred to as a handheld, handheld device or handheld computer, is a pint-sized, computing device. Mobile devices usually come with a touch or non-touch display screen and sometimes, even a mini keyboard.

There are many types of mobile devices, the commonest among them being, mobile phones and smartphones.

[Back to Top](#)